
Salmon Chowder with Morels

Le Pommier Restaurant - Pittsburgh, PA

Pittsburgh Chefs Cook Book - 1989

1 pound skinless/boneless salmon fillet

3 shallots, minced

1 bay leaf

10 small red potatoes

1 cup fish stock

1 cup whole milk

1/2 cup cream

1 tablespoon butter

pinch fresh tarragon (for garnish)

salt

pepper

Morel clams

If using dried morels, rehydrate them in water. When fully softened, saute' them in butter. Set aside.

Steam the potatoes gently in a single layer. Reserve until later.

In a saucepan, saute' the shallots until they are clear, a few minutes. Be careful not to brown them.

Add the fish stock, bay leaf, milk, cream, potatoes and morels. Bring to a boil. Then reduce the heat to a simmer.

Cut the salmon into 1- to 1-1/2-inch pieces.. Add the salmon to the pot. Cook approximately 3 to 5 minutes. Do not overcook.

Garnish with tarragon.

Soups, Chili, Stew

Per Serving (excluding unknown items): 1259 Calories; 56g Fat (40.3% calories from fat); 28g Protein; 158g Carbohydrate; 13g Dietary Fiber; 185mg Cholesterol; 565mg Sodium. Exchanges: 8 Grain(Starch); 1 Vegetable; 1 Non-Fat Milk; 10 Fat; 0 Other Carbohydrates.